



As a private, nonprofit organization formed in 1940, we are dedicated to the promotion of mental health, the prevention of mental illnesses, the elimination of their stigma and improved access to appropriate treatment. Our programs include:

Healthy Mind Connection — A mental health consumer or caseworker's online, searchable database that includes listings of therapists, psychiatrists, psychologists, substance abuse resources, psychotherapy groups, support groups and behavioral health organizations in a ten-county area.

Community Education — Presentations for community groups of citizens and policy makers. ASIST workshops for suicide intervention and 15+ enhancing the parent-adolescent relationship. We also participate in the Campaign for America's Mental Health. Mental illness screenings - free and confidential screenings for depression and anxiety disorders.

Mental Health Advocacy — Work in collaboration with the National Mental Health Association. We participate in Mental Health Month (May) and Mental Illness Awareness Week (early October).



IN PARTNERSHIP WITH



FREE SHORT-TERM COUNSELING
FOR UNDERSERVED ADULTS, FAMILIES
AND CHILDREN LIVING IN THE
GREATER SAN ANTONIO AREA

SUPPORTED BY
THE KRONKOSKY CHARITABLE FOUNDATION

MENTAL HEALTH ASSOCIATION IN GREATER SAN ANTONIO
10609 IH-10 WEST • SUITE 203 • SAN ANTONIO, TEXAS 78230
210.614.7566 • 866.615.2285



Mental Health Clinic

without walls

The Pro Bono Mental Health Clinic, a program of the Mental Health Association in Greater San Antonio, is a collaborative effort with the Southwest Texas Network, Inc.



**FOR AFTER HOURS
EMERGENCIES,
CALL 911 OR
GO TO YOUR NEAREST
EMERGENCY ROOM**

Here's How it Works

The program provides free mental health counseling to low to moderate income uninsured people of the Greater San Antonio area. Local licensed mental health professionals volunteer short-term, solution-focused counseling to adults, families and children.

Counseling will take place either in the office of the volunteer or at a designated health clinic.

**The services you receive
and any information you share
with a counselor will be kept
completely confidential.**

Eligibility

To be eligible, you must:

- ☐ Have low to moderate income.
- ☐ Have no insurance that covers mental health problems of any kind, including private plans and Medicaid/Medicare.
- ☐ Not be a student at a college or university which has its own counseling center
- ☐ Not be a current or recent client of the local community mental health agency.

For a *free* telephone
screening, please call:

**Mental Health Association
(210) 614-7566 • (866) 615-2285
Metropolitan Health District
(210) 299-5035**

When You Call

1. You will be asked a few questions in order to determine if you are eligible for free counseling through this program, and the nature of your problem.
2. We will match you with a volunteer counselor who specializes in the treatment of your particular problem.
3. We will work with you and the counselor to set your first appointment date and location.
4. At your first appointment, you and your counselor will have an opportunity to evaluate your problem and discuss your treatment. You will schedule further sessions directly with your volunteer counselor.

